

# NEWINGTON PARKS AND RECREATION

*"Creating Community through People, Parks & Programs"*

# Spring 2012



Touch-a-Truck - Saturday, June 16th, 2012  
See page 4 for more information!

**Youth, Adult & Senior Programs \* Swim Lessons \* Special Events \* Fitness Classes \* Bus Trips**



**Family Fishing Derby**



**Annual Golf Tournament**



**Preschool**



**Adult Fitness Classes**

**RESIDENTS:** Registration begins Thursday, February 16th

**NON-RESIDENTS:** Registration begins Friday, March 2nd



# Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

## PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt./Box # \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

[ ] Check if new address Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: \_\_\_\_\_

\_\_\_\_\_ Supplemental medical forms are available online or in our office.

## PROGRAM INFORMATION

*One registration form can be used for more than one person in the same household.*

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

## PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Please note that there is a \$10 minimum for all credit card transactions.**

**TOTAL FEES: \$** \_\_\_\_\_

**“ROUND UP” For Youth Recreation** *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



**+** \_\_\_\_\_

Circle Method of Payment: Cash Check Credit Card

**TOTAL AMOUNT: \$** \_\_\_\_\_

**CREDIT CARD #:** \_\_\_\_\_ **Security Code** \_\_\_\_\_ **EXP. DATE** \_\_\_\_\_ / \_\_\_\_\_

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER



# Facility Reservations

## Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

## Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

## Community Gardens



The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Please visit our website at [www.NewingtonCT.gov/parksandrec](http://www.NewingtonCT.gov/parksandrec) for rules and regulations governing the gardens. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$20.00. Registration is held at the Parks & Recreation Office in Town Hall.

*Returning gardeners may reserve their plot any time before Wednesday, March 28th, 2012.*

*Registration for new gardeners begins Thursday, March 29th, 2012 (upon availability).*

## Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 7th, 2012** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas and is available online at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec). Sports equipment will also be available for rental; please see the reservation form for details.



### UPPER SITE

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



### MIDDLE PAVILION

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



### LOWER PAVILION

\$50/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.

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## Ice Skating At Mill Pond



Ice Skating will be available again this season at Mill Pond as weather and ice conditions permit. There is no fee. Ice skates are not provided; skaters must bring their own skates. Signs are posted when the ice is determined to meet acceptable criteria for skating. However, please be aware that conditions may change. Here are some safety guidelines:

- Skate at your own risk and never skate alone. **Skating is unsupervised.**
- Ice thickness is not consistent. Thin ice may be present near inlets, outlets or bridges due to water currents underneath the ice.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures.
- Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas & darker areas.
- **For current ice skating conditions, call the Parks & Recreation hotline at 860-665-8686.**

# Community Events...



## Family Fishing Derby

**Saturday, April 28th, 9:00 a.m.—12:00 noon at Mill Pond Park Pond**

The Family Fishing Derby is open to boys and girls ages 3 through 15 years old. The event will be held from 9:00 a.m. - 12:00 noon and is sponsored by Newington Parks & Recreation and Trout Unlimited. Bring your whole family to participate in this wonderful springtime event. All children must be accompanied by a parent or guardian. In case of inclement weather, please call our program hotline at 860-665-8686. Rain Date: Sunday, April 29th. You must provide your own fishing equipment. This event is FREE!



## 14th Annual Golf Tournament

**Monday, May 14th, begins at 12:30 p.m. at Indian Hill Country Club (Rain Date Monday, May 21st)**

Join the Newington Parks & Recreation Department's 14th Annual Golf Tournament at Indian Hill Country Club. The "Shotgun" format tournament is open to all ability levels. All proceeds support recreation programs in the Town of Newington. The registration fee is \$125 per person and includes the greens fees, cart, lunch, dinner and prizes! Please call the Parks and Recreation office at 860-665-8666 if you are interested in making a donation (cash or raffle prizes accepted), becoming a sponsor for a \$100 Tee Sign, or playing in the tournament.



## Touch-a-Truck

**Saturday, June 16th, 10:00 a.m. -12:00 noon in Library/Town Hall Parking Lots**

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



## 31st Annual Extravaganza - Save the Date!

**Saturday, July 21st, Mill Pond Park**

## Save These Dates!

### Newington Parks & Recreation Department's Summer 2012 Sports Camps

- |                              |                |
|------------------------------|----------------|
| • Girls' Fast Pitch Softball | June 25 - 28   |
| • Skyhawks Tiny Hawks        | June 25 - 28   |
| • Skyhawks Mini Hawks        | July 9 - 12    |
| • Boys Basketball Camp       | July 9 - 13    |
| • Girls Basketball Camp      | July 16 - 20   |
| • UK International Soccer    | July 16 - 20   |
| • Chris Corkum Baseball      | July 23 - 26   |
| • Skyhawks Flag Football     | July 23 - 26   |
| • Skyhawks Volleyball        | July 23 - 26   |
| • Skyhawks Multi Sport       | August 13 - 17 |
| • Skyhawks Tiny Hawks        | August 13 - 17 |
| • Skyhawks Mini Hawks        | August 13 - 17 |

*More camps and details to follow in our  
Summer 2012 Program Guide!!!*

## Start Planning for the Summer!

### The Parks & Recreation Summer Playground & Playground Pals scheduled program dates are June 25th - August 10th, 2012.\*

*\*Dates may change depending on school schedule.*

The **Playground Pals** program is open to children ages 5 & 6 who will be entering Kindergarten or 1st Grade in the Fall and reside in Newington or attend Newington schools.

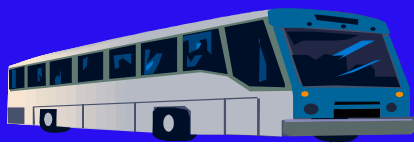
The **Summer Playground** program is open to children who are Newington residents or attend Newington schools and are currently in grades 1-7.



**Summer Playground/Playground Pals program information will be distributed in all Newington schools in late April.**

*Experience the fun!*





# Bus Trips...



## The Boston Flower & Garden Show *Saturday, March 17th, 2012*

The Boston Flower & Garden show returns this year offering hundreds of ideas to add excitement to your outdoor spaces. The theme - First Impressions - will show you how to display your personality and a welcoming style while adding enjoyment and value to your property. You will also have leisure time for shopping after the show.

Fee: \$66 per person

ID: 7960

### Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Admission to the Boston Flower & Garden Show (*highlights include "Learn the value of curb appeal" and "Become an urban gardening guru"*).
- Leisure time to shop at Quincy Market, Newbury Street, Copley Place and Downtown Crossing.
- Bus departs at approximately 8:00 a.m. (**Specific location to be determined**). Departs Boston at 6:00 p.m.



## Brooklyn "Noshing" *Saturday, April 14th, 2012*

Historic Brooklyn is home to everyone - from everywhere. Brooklyn is the world's largest neighborhood and its food is as diverse as its population. You will see and taste at four venues across several neighborhoods. Venues include a chocolatier in D.U.M.B.O. (Down Under the Manhattan Bridge Overpass), famous Brooklyn Pizza and a trip to the Middle East. You'll also enjoy panoramic skyline views, street walks, free time for browsing and shopping.

Fee: \$112 per person

ID: 7961

### Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Brooklyn Noshing Tour with a local guide - includes some sit down tastings at restaurants and some tastings served on board the coach bus.
- Bus departs at approximately 7:00 a.m. (**Specific location to be determined**). Departs Brooklyn at 5:00 p.m..



## Tampa Bay Rays vs. Boston Red Sox at Fenway *Sunday, April 15th, 2012*

Join us for opening weekend at Fenway Park watching the Sox take on the Rays.

Fee: \$100 per person

ID: 8174

### Bus trip includes:

- Round trip motorcoach transportation. (Alcohol is not permitted on board the coach!)
- Ticket to 1:35 p.m. game vs. Tampa Bay (seats located in Boxes 94 & 95 - at the Pesky Pole)
- Bus departs at approximately 9:00 a.m. (**Specific location to be determined**). Departs Boston 1/2 hour after game ends.



## Madame Tussauds & Bubba Gump's *Saturday, May 12th, 2012*

A visit to Madame Tussauds is your chance to "meet" historical figures as well as today's celebrities as surprisingly realistic wax figures that you can touch, pose with and even talk to if you choose. You'll also enjoy lunch at Bubba Gump's (in the heart of Times square on the corner of 44th and Broadway) and leisure time in New York City.

Fee: \$104 per person

ID: 8175

### Bus trip includes:

- Round trip motorcoach transportation with a tour director.
- Includes admission to Madame Tussauds and lunch at Bubba Gump's.
- Bus departs at approximately 7:00 a.m. (**Specific location to be determined**). Departs NYC at 6:00 p.m.

## BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

**If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.**

## Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. Newington residents may use a Summer 2011 pool pass for the 2011-2012 indoor season, or may purchase pool passes for the indoor season. To purchase a pool pass for the indoor season, please pick up a pool pass form available at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (See box below). Children under 13 must be accompanied by an adult.

**Time:** 7:00 PM - 8:45 PM  
**Dates:** Mondays, Wednesdays & Fridays, Oct. 3, 2011 - June 1, 2012. *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*  
**Fee:** Free with a 2011/2012 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens (62+)

## Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

**Newington High School Indoor Pool** 605 Willard Avenue, Newington  
 Open Mon., Wed., and Fri.: 7:00 - 8:45 PM  
 Office Number - 860-665-8666 / Hotline - 860-665-8686

**Rocky Hill High School Indoor Pool** 50 Chaplin Avenue, Rocky Hill  
 Office - 860-258-7429 / Information Line - 860-258-2772

**Wethersfield High School Indoor Pool** 411 Wolcott Hill Rd, Wethersfield  
 Office/Information - 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

## Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. **\*Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

**Level 1 - (MUST BE AT LEAST 6 YEARS OLD)** Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

**Level 2** - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

**Level 3** - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

**Level 4** - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

**Level 5** - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

**Level 6** - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

**For a more detailed list of the level descriptions, please visit our website at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)**



## Adult Swim Lessons Ages 18 and up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

**Location:** Newington High School Indoor Pool

**Fee: \$65 (4 classes)**

ID:	Class	Time	Dates
8075	Beginners	7-7:30 p.m.	Wednesdays, March 21 - April 11
8076	Advanced Beginners	7-7:30 p.m.	Wednesdays, April 25 - May 16

## Adult Swim Lesson Level Descriptions

**Beginner:** Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

**Advanced Beginner:** Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.



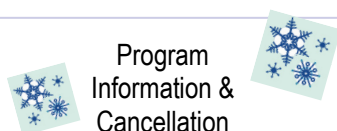
## Preschool & Parent

*Ages 3-5 with parent*

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: *Newington High School Indoor Pool*  
Fee: *\$30 (8 classes)*

ID:	Time	Dates
8077	5:30 - 6:00 PM	Mondays, March 19 - May 14 (no class 4/16)
8078	5:30 - 6:00 PM	Wednesdays, March 21 - May 16 (no class 4/18)



Hotline:

860-665-8686

## American Red Cross Lifeguarding



We will be offering the new American Red Cross Lifeguarding Course this Spring. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Participants must be 15 years of age by the completion of the course. Course dates are still being determined. For more information, please call 860-665-8666.

**Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.**

## Group Swim Lessons *Ages 6—17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: *Newington High School Indoor Pool*

Fee: **\$30 (8 classes)**

Mondays, March 19 - May 14 (8 classes, no class 4/16)			Wednesdays, March 21 - May 16 (8 classes, no class 4/18)		
5:30 - 6:00 PM		6:00 - 6:30 PM	5:30 - 6:00 PM		6:00 - 6:30 PM
Level 1	(not offered)	ID: 8083	Level 1	(not offered)	ID: 8102
Level 2	ID: 8079	ID: 8084	Level 2	ID: 8098	ID: 8103
Level 3	ID: 8080	ID: 8085	Level 3	ID: 8099	ID: 8104
Level 4	ID: 8081	ID: 8086	Level 4	ID: 8100	ID: 8105
Level 5/6	ID: 8082	ID: 8087	Level 5/6	ID: 8101	ID: 8106

## Semi-Private Swim Lessons *Ages 6—17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: *Newington High School Indoor Pool*

Fee: **\$65 (4 classes)**

Session 1 - MONDAYS March 19 - April 9			Session 1 - WEDNESDAYS March 21 - April 11		
6:30 - 7:00 PM			6:30 - 7:00 PM		
Level 1	ID: 8088		Level 1	ID: 8107	
Level 2	ID: 8089		Level 2	ID: 8108	
Level 3	ID: 8090		Level 3	ID: 8109	
Level 4	ID: 8091		Level 4	ID: 8110	
Level 5/6	ID: 8092		Level 5/6	ID: 8111	
Session 2 - MONDAYS April 23 - May 14			Session 2 - WEDNESDAYS April 25 - May 16		
6:30 - 7:00 PM			6:30 - 7:00 PM		
Level 1	ID: 8093		Level 1	ID: 8112	
Level 2	ID: 8094		Level 2	ID: 8113	
Level 3	ID: 8095		Level 3	ID: 8114	
Level 4	ID: 8096		Level 4	ID: 8115	
Level 5/6	ID: 8097		Level 5/6	ID: 8116	

# Toddler, Preschool & Youth...

## Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. For Parent/Tot class, children must be 2 years old when class begins in order to participate.

*Instructor: New England Gymnastics Express Staff*

*Location: New England Gymnastics Express—136 Day St, Newington*

*Fee: \$79 for residents / \$98 for non-residents*



ID:	Time	Dates
<u>Parent and Tot: Ages 2 - 3 1/2 with Parent</u>		
8118	1:00 - 1:40 PM	Mondays, March 26 - May 21 (8 classes, no class 4/16)
<u>Preschool: 3 1/2—5 years old</u>		
8119	1:50 - 2:30 PM	Mondays, March 26 - May 21 (8 classes, no class 4/16)
8120	1:45 - 2:25 PM	Thursdays, March 29 - May 24 (8 classes, no class 4/19)
<u>Beginner: Kindergarten - 2nd Grade</u>		
8121	6:00—6:45 PM	Tuesdays, March 27 - May 22 (8 classes, no class 4/17)
8122	6:00—6:45 PM	Thursdays, March 29 - May 24 (8 classes, no class 4/19)

## Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

*Instructor: Janet Arnold*

*Location: Mortensen Community Center Romano Room*

*Fee: \$48 for residents / \$60 for non-residents*



ID:	Ages	Class	Time	Dates
8123	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	<b>Saturdays, March 31 - June 2</b> (8 classes, no class 5/12, 5/26)
8124	4 - 6	Hip Hop	2:00 - 2:45 PM	
8125	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
8126	5 - 8	Ballet	3:30 - 4:15 PM	
8127	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

## Jumpin' Gym Daze

*Ages 12—36 Months with Parent*

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

*Instructor: Randi Thureson*

*Location: Mortensen Community Center  
Gymnasium*

*Fee: \$39 for residents / \$49 for non-residents*

ID:	Time	Dates
8132	9:30 - 10:15 AM	Wednesdays, April 4 - May 30 (8 classes) (no class 4/18)
8133	10:30 - 11:15 AM	Wednesdays, April 4 - May 30 (8 classes) (no class 4/18)



## Please Register Early!!

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered.

So, if there's a program that you or your child are interested in...

**Please Register Early!**

## Mornin' Munchkins *Ages 12—36 Months with Parent*

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

*Instructor: Loralyn Callahan*

*Location: Mortensen Community Center Romano Room*

*Fee: \$45 for residents / \$56 for non-residents*

ID:	Time	Dates
8130	9:30 - 10:15 AM	Mondays, April 2 - June 4 (8 classes, no class 4/16, 5/28)
8131	10:30 - 11:15 AM	Mondays, April 2 - June 4 (8 classes, no class 4/16, 5/28)



# Youth Music, Dance and Art...

## Zumba Kids *Ages 4-11*

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Participants will have a blast while dancing and exercising to popular and fun music! Participants should bring water and wear sneakers and comfortable clothes suitable for exercise.

*Instructor: Carrie Tartaglia*

*Location: Mortensen Community Center Gymnasium*

*Fee: \$20 for residents / \$25 for non-residents*

ID:	Ages	Time	Dates
8176	Ages 4-7	4:00 - 4:40 PM	Tuesdays, March 27 - May 1 (5 classes, no class 4/17)
8177	Ages 8-11	4:50 - 5:30 PM	Tuesdays, March 27 - May 1 (5 classes, no class 4/17)

Program Information & Cancellation Hotline: 860-665-8686

## Children's Cartooning *Grades 1 - 5*

A wonderful course designed to teach all budding cartoonists how to create their own characters and style. The Disney, Anime and Manga styles will be introduced, as well as the techniques used to create them. Students will apply these different techniques to develop their own original and imaginative characters and comic strips. All supplies are provided.

*Instructor: Fran Judycki*

*Location: MCC Arts & Crafts Room*

*Fee: \$28 per session for residents / \$35 per session for non-residents*

ID:	Time	Dates
8134	6:00 - 7:00 PM	Tuesdays, April 3 - May 1 (4 classes, no class 4/17)
8135	6:00 - 7:00 PM	Wednesdays, May 9 - 30 (4 classes)

## Children's Drawing *Grades 1 - 5*

This is a wonderful course designed to instruct the young artist while having fun! Basic drawing concepts of shape, value, texture and shadow will be applied while learning to draw animals, cars, buildings, people, sea life and more! All supplies are provided.

*Instructor: Fran Judycki*

*Location: MCC Arts & Crafts Room*

*Fee: \$28 per session for residents / \$35 per session for non-residents*

ID:	Time	Dates
8136	6:00 - 7:00 PM	Wednesdays, April 4 - May 2 (4 classes, no class 4/18)
8137	6:00 - 7:00 PM	Tuesdays, May 8 - 29 (4 classes)

## Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. *Minimum of 8 / Maximum of 12*

*Instructor: Jessica Nevins*

*Location: Mortensen Community Center Romano Room*

*Fee: \$165 includes CD and all materials. Fee remains the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.*

ID:	Time	Dates
8128	9:30 - 10:15 AM	Wednesdays, April 4 - June 13 (10 classes, no class 4/18)
8129	10:30 - 11:15 AM	Wednesdays, April 4 - June 13 (10 classes, no class 4/18)

## Play-Well TEKologies *Ages 5 - 11*

Have your child become a Play-Well engineer!

### Pre-Engineering with LEGO (Ages 5-7)

Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

### Engineering FUNDamentals with LEGO (ages 7-11)

Students will explore concepts in physics, architecture, mechanical and structural engineering, from Gear Cars to Battletracks. The engineer-designed curriculum challenges students to reach higher levels of engineering comprehension while having fun.

*Instructor: Play-Well TEKologies staff*

*Location: MCC Arts & Crafts Room*

*Fee: \$105 for residents / Fee remains the same for non-residents.*

ID:	Ages	Time	Dates
8178	5 - 7	4:00 - 5:30 PM	Tuesdays, April 24 - May 29 (6 classes)
8179	7 - 11	4:00 - 5:30 PM	Thursdays, April 26 - May 31 (6 classes)

### Also offered during April Vacation Week!

*Location: MCC Arts & Crafts Room*

*Fee: \$140 for residents / Fee remains the same for non-residents.*

ID:	Ages	Time	Dates
8180	5 - 7	9:00 AM - 12 PM	Monday-Friday, April 16 - 20 (5 classes)
8181	7 - 11	1:00 - 4:00 PM	Monday-Friday, April 16 - 20 (5 classes)

# Creative Playtime Preschool Program 2012-2013...



## Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

### IMPORTANT DATES

Registration begins on **Tuesday, February 14** in the Parks and Recreation Office during normal office hours.

**For non-residents**, registration begins on **Thursday, March 1**.

### PROGRAM INFORMATION

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut and staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and fenced in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Loralyn Callahan  
Assistant Teachers: Kim Marchetti, Randi Thureson and Amy Greca

### REGISTRATION INFORMATION

- Registration will begin on Tuesday, February 14th in the Parks & Recreation office and continue until all classes have been filled. A parent or guardian of each child must be present at the time of registration. Registration is taken on a first come, first served basis.
- A 25% **non-refundable** deposit is required at the time of registration.
- Registration for non-residents will be taken beginning Thursday, March 1st, 2012.
- A discount is offered for children who attend multiple full days.
- A payment plan is available for the 2012-2013 school year at no extra charge.
- If you choose to pay in full, balance of payment is required in full on or before Tuesday, July 10, 2012. A late fee of \$25 will be assessed if the payment is received on or after Tuesday, July 17, 2012. If payment is not received in full by Tuesday, July 24, 2012, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program.
- If you choose the payment plan option, the remaining balance will be due in three equal installments on July 10th, 2012, October 10th, 2012 and January 10th, 2013. A \$25 late fee will be assessed for each installment received more than one week past the due date. If at any time a payment is more than two weeks overdue, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program. If choosing the payment plan option, please note that we do not send out bills before each payment is due.
- Open to children ages 3—5. All children must turn 3 years old by Dec. 31, 2012. The ratio is 10 children per teacher.
- School Skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and should not be wearing diapers or pull-ups.
- Additional registration information is available at the Parks and Recreation office along with a current listing of immunizations that are required for participation in this program.





# Creative Playtime Preschool Program 2012-2013...

Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose Morning or Afternoon classes, or register for both and add Lunch Bunch for a full day of Preschool fun for your child.

Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.



## DAILY PROGRAM SCHEDULE

**Mornings: 9:30 - 11:45 AM**

**Lunch Bunch: 11:45 - 12:15 PM** (Lunch Bunch is the perfect opportunity to have your child spend the whole day with us. Send your child with a healthy, nut-free and nut oil-free lunch and we will provide supervision until their afternoon class. Lunch Bunch is only available when combined with the Morning and Afternoon classes as a Full Day Program.)

**Afternoons: 12:15 - 2:30 PM**

**Full Day Program: 9:30 AM - 2:30 PM** (Combines Morning, Lunch Bunch, and Afternoon classes)

## 2012-2013 PROGRAM DATES

- **Mondays: September 10th—June 3rd** (no class 10/8, 11/12, 12/24, 12/31, 1/21, 2/18, 4/15, 5/27)
- **Tuesdays: September 11th—June 4th** (no class 12/25, 1/1, 2/19, 4/16)
- **Wednesdays: September 5th—June 5th** (no class 9/26, 11/21, 12/26, 4/17)
- **Thursdays: September 6th—June 6th** (no class 11/22, 12/27, 4/18)
- **Fridays: September 7th—June 7th** (no class 11/23, 12/28, 2/15, 3/29, 4/19, 5/24)

## 2012-2013 PROGRAM FEES

ID:	DAYS	FEES	25% Deposit Due at Time of Registration (Non-Refundable)	
<b>8059</b>	Monday Mornings	\$453.38 (31 classes)	\$113.35	<b><u>Mondays Full Day</u></b>
<b>8060</b>	Monday Lunch Bunch	\$100.75 (31 classes)	\$ 25.19	\$1,007.51
<b>8061</b>	Monday Afternoons	\$453.38 (31 classes)	\$113.35	Deposit: \$251.88
<b>8062</b>	Tuesday Mornings	\$511.88 (35 classes)	\$127.97	<b><u>Tuesdays Full Day</u></b>
<b>8063</b>	Tuesday Lunch Bunch	\$113.75 (35 classes)	\$ 28.44	\$1,137.51
<b>8064</b>	Tuesday Afternoons	\$511.88 (35 classes)	\$127.97	Deposit: \$284.38
<b>8065</b>	Wednesday Mornings	\$526.50 (36 classes)	\$131.63	<b><u>Wednesdays Full Day</u></b>
<b>8066</b>	Wednesday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<b>8067</b>	Wednesday Afternoons	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50
<b>8068</b>	Thursday Mornings	\$541.13 (37 classes)	\$135.28	<b><u>Thursdays Full Day</u></b>
<b>8069</b>	Thursday Lunch Bunch	\$120.25 (37 classes)	\$ 30.06	\$1,202.51
<b>8070</b>	Thursday Afternoons	\$541.13 (37 classes)	\$135.28	Deposit: \$300.62
<b>8071</b>	Friday Mornings	\$497.25 (34 classes)	\$124.31	<b><u>Fridays Full Day</u></b>
<b>8072</b>	Friday Lunch Bunch	\$110.50 (34 classes)	\$ 27.63	\$1,105.00
<b>8073</b>	Friday Afternoon	\$497.25 (34 classes)	\$124.31	Deposit: \$276.25

Full Day Savings!

## Discounts for 2012-2013 School Year

Register your child for one full day and receive \$50 off your total tuition bill for each additional full day you register for!! (Full Day Program includes morning, lunch bunch, and afternoon. Discount applied for children registered prior to the beginning of the school year.) So, register for:

\*Two full days—receive \$50 off your total tuition bill

\*Three full days—receive \$100 off your total tuition bill

\*Four full days—receive \$150 off your total tuition bill

\*Five full days—receive \$200 off your total tuition bill.

# Youth Sports Programs...



## The First Tee of Connecticut PLAYer Instructional Golf Program Ages 7—12

The Parks & Recreation Department, in conjunction with The First Tee of Connecticut, is offering golf instruction for children of all ability levels.



### The PLAYer Program

The PLAYer Level introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. The PLAYer Program provides an avenue for coaches to engage participants in a seamless introduction to The First Tee Code of Conduct, etiquette and the Rules of Golf while playing a game - the game of golf. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. All participants new to The First Tee must enter through the Player Level. Clubs are available for use or participants may bring their own. For more information, please visit [www.thefirstteect.org](http://www.thefirstteect.org). Spaces are limited.

Instructors: *The First Tee Instructors*  
Location: *Wednesday Program held at TPC River Highlands in Cromwell  
Thursday & Saturday Program held at Goodwin Park in Hartford*

ID:	Time	Dates	Location	Fee
8182	5:30 - 6:50 PM	Wednesdays, April 18 - May 30 (7 classes)	TPC	\$35
8183	4:00 - 5:20 PM	Thursdays, April 19 - May 31 (7 classes)	Goodwin Park	\$21
8184	12:30 - 1:50 PM	Saturdays, April 14 - June 2 (6 classes, no class 5/19, 5/26)	Goodwin Park	\$21

## What is The First Tee of Connecticut?

*It's a youth development organization that uses golf as a vehicle to teach life skills and The First Tee's Nine Core Values and Nine Healthy Habits to children throughout the state of Connecticut. It's one of over 200 chapters of The First Tee, an organization that is recognized as one of the premier youth character-education groups in the country. Their mission is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.*



## Tennis Lessons Ages 7—17

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime. Fee remains the same for non-residents.



Instructors: *Newington Tennis Center Staff*  
Location: *Newington Tennis Center, 60 Prospect Street*

ID:	Time	Dates	Fee
8185	4:00 - 5:00 PM	Sundays, March 18 - April 29 (6 classes, no class 4/8)	\$99
8186	4:00 - 5:00 PM	Sundays, May 6 - June 10 (5 classes, no class 5/27)	\$82

12

## Learn to Skate Ages 3 - adult

This program is based on the US Figure Skating, USA Hockey and US Speed Skating guidelines for learning the basic skills of skating in a fun, challenging and rewarding, leveled system. Classes are offered for skaters of any age and any level. Professional instructors conduct all classes, leading educational games, exercises and practice time in a positive atmosphere - making learning to skate an enjoyable experience for all. Skate rentals (if needed), a progress booklet, membership to US Figure Skating, and 4 free public skating sessions come with every class enrollment. Participants should bring their own helmets and gloves.

Instructor: *Newington Arena professional coaching staff*  
Location: *Newington Arena, 300 Alumni Road, Newington*  
Fee: *\$145 for residents / Fees remain the same for non-residents*

ID	Time	Dates
8187	11:00 - 11:50 AM	Saturdays, March 10 - April 28 (8 classes)
8188	11:00 - 11:50 AM	Saturdays, May 12 - June 30 (8 classes)



# Teen Programs...

## Teen Center

Grades 7 - 12

*Fridays, November 4th, 2011 - March 30, 2012*

7:00 - 10:00 PM

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 2/17/12 and 3/23/12. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

## Teen Center Facility Rentals

**Ages 7 - 18**

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

## 7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 p.m. at the Mortensen Community Center Gymnasium. No admittance after 9:00 p.m.

SAVE THE DATE FOR  
THE LAST DANCE OF THE  
SCHOOL YEAR:

**Friday, March 23rd, 2012**

# Adult Sports ...



## Calling All Softball Players!

### Men's Softball League (18+)

Interested in playing in an organized softball league? Newington Parks & Recreation offers a Men's Softball League that runs from early May until late August (Monday through Friday). The League consists of 20 teams. Players must either live or work in Newington to be eligible to play. League fees are approximately \$850 per team. Teams that participated last season need to contact the Parks & Recreation office by March 9th if interested in returning. After March 9th, new teams meeting the eligibility requirements will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks & Recreation office at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).

### Women's Softball League (18+)

Interested in playing in an organized softball league? Newington Parks & Recreation offers a Women's Softball League that runs from early May until mid-August (Monday through Thursday). We are looking to expand our Women's League that currently has teams from Newington and Wethersfield. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 9th if interested in returning. If you are interested in getting a new team in the league or playing on an existing team, please contact the Parks & Recreation office at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).



## PLAY KICKBALL!

Newington Parks & Recreation would like to announce our second season of adult co-ed kickball! The league will run mid-May until late August on Sunday afternoons, with Friday evenings as the make-up day (depending on the number of teams). League fees are approximately \$400.

If you are interested in getting a team in the league or playing on an existing team, please contact Stephanie Boulay in the Parks & Recreation office at [sboulay@newingtonct.gov](mailto:sboulay@newingtonct.gov) or 860-665-8666.

# Adult Programs...

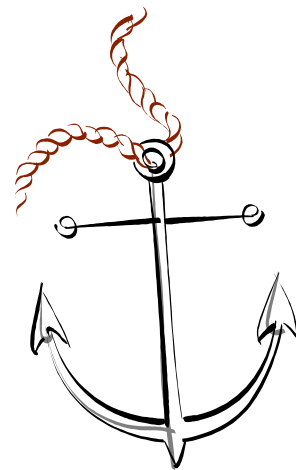


## One-Day Connecticut Safe Boating and Personal Watercraft Certification Course

This single session, 8-hour course instructed by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 1/2' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP or DEEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. Students should bring a pen or pencil to class.

**Instructor:** Professional Marine Education staff  
**Location:** Mortensen Community Center Romano Room  
**Fee:** \$65 for residents / \$75 for non-residents

ID:	Time	Dates
8189	8:30 AM - 4:30 PM	Sunday, March 18 (one class)
8190	8:30 AM - 4:30 PM	Sunday, May 20 (one class)



## Dance Sampler

This class will combine a variety of dance styles to keep you on your toes - literally! Each week, a new style or two will be introduced. You may learn Swing, Latin, Ballroom, Argentine Tango, Brazilian Samba, Nightclub style, Lindy Hop and more!

**Instructor:** Wendy Nielsen  
**Location:** Senior & Disabled Center Ceramics Room  
**Fee:** \$70 for residents / \$87 for non-residents



ID:	Time	Dates
8138	6:30 - 7:30 PM	Mondays, April 2 - June 11 (10 classes, no class 5/28)

## Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

**Instructor:** Wendy Nielsen  
**Location:** Senior & Disabled Center Ceramics Room  
**Fee:** \$70 for residents / \$87 for non-residents



ID:	Time	Dates
8140	5:30 - 6:30 PM	Mondays, April 2 - June 11 (10 classes, no class 5/28)

## Drawing For Everyone

This is a course for beginners or experienced artists who want to strengthen their drawing skills. Topics will include light and shade, contour line, composition, texture, perspective and more. Come and explore the theories and techniques of observational and imaginative drawing! The best way to improve your painting skills is to improve your drawing skills! Please call the Parks & Recreation Department at 860-665-8666 for a material list prior to the first class.

**Instructor:** Fran Judycki  
**Location:** Senior & Disabled Center Arts & Crafts Room  
**Fee:** \$45 for residents / \$56 for non-residents

ID:	Time	Dates
8139	6:30 - 8:00 PM	Mondays, May 14 - June 25 (6 classes, no class 5/28)

## Watercolor Landscapes For Everyone

This course will focus on basic watercolor techniques - flat and graded washes, composition, value, light and texture. More advanced participants will be working towards achieving a mood through various techniques, using transparent and opaque pigments, hard and soft edges, shape, impact area and more. Please call the Parks & Recreation Department at 860-665-8666 for a material list prior to the first class. Participants should wear a smock or old clothes.

**Instructor:** Fran Judycki  
**Location:** Senior & Disabled Center Arts & Crafts Room  
**Fee:** \$52 for residents / \$65 for non-residents



ID:	Time	Dates
8143	6:30 - 8:15 PM	Mondays, March 26 - April 30 (6 classes)



## Please Note:

All of our classes are for registered participants only. Many classes (especially adult fitness classes) fill to capacity. Due to safety and room restrictions, we cannot permit extra participants (friends, family members, etc.) into a class.

Unfortunately, we do not have the ability to provide child care services during our programs. Because we want to be able to provide an enjoyable program for our adult participants, we appreciate your cooperation in making alternative arrangements for child care.

**All participants in our adult programs must be at least 16 years of age or older, except where noted otherwise.**



## Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

*Instructor: Laura Campbell*

*Location: Senior & Disabled Center Auditorium*

ID:	Time	Dates	Fee
8148	6:30 - 7:30 PM	Mondays, April 2 - June 18 (11 classes, no class 5/28)	\$44 for residents \$55 for non-residents
8149	6:30 - 7:30 PM	Wednesdays, April 4 - June 20 (12 classes)	\$48 for residents \$60 for non-residents

**Register for both hi/lo classes and save \$5!**  
**Residents: \$87 Non-Residents: \$110**

## Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

*Location: All classes at Senior & Disabled Center Auditorium*

*Instructor: Mondays & Tuesdays: Lydia Borysiuk*

*Wednesdays: Keiko Broyles*

*Thursdays: Mary Woods*



ID:	Dates	Time	Fee:
8144	Mondays, March 19 - June 18 (13 classes, no class 5/28)	4:45 - 5:30 PM	\$49 for residents \$61 for non-residents
8145	Tuesdays, March 20 - June 12 (13 classes)	5:15 - 6:15 PM	\$65 for residents \$81 for non-residents
8146	Wednesdays, April 4 - June 20 (12 classes)	5:25 - 6:25 PM	\$60 for residents \$75 for non-residents
8147	Thursdays, April 5 - June 21 (10 classes, no class 4/19, 5/3)	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents



## Zumba Toning

Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

*Location: Senior & Disabled Center Auditorium*

*Instructor: Lydia Borysiuk*

ID:	Dates	Time	Fee
8150	Mondays, March 19 - June 18 (13 classes, no class 5/28)	5:30 - 6:15 PM	\$49 for residents \$61 for non-residents



# Adult Fitness...

## Cardio Tennis for Beginners

Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

*Instructors:* Newington Tennis Center Staff

*Location:* Newington Tennis Center, 60 Prospect Street

*Fee:* \$66 for residents / fee remains the same for non-residents



ID:	Time	Dates
8151	4:00 - 5:00 PM	Sundays, March 18 - April 29 (6 classes, no class 4/8)

## Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will be go outdoors when the weather permits. Not for the faint of heart. Participants should be in good physical condition.



*Instructor:* Laura Campbell

*Location:* Mortensen Community Center Gymnasium

*Fee:* \$60 for residents / \$75 for non-residents

ID:	Time	Dates
8152	5:45-6:45 PM	Tuesdays, April 3 - June 19 (12 classes)

## Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

## Please Register Early!

## The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

*Instructor:* Ken Zaborowski

*Location:* Mortensen Community Center Romano Room

*Fee:* \$62 for residents / \$78 for non-residents

ID:	Class	Time	Dates
8141	Beginners	5:30 - 6:30 PM	Mondays, April 2 - June 11 (10 classes, no class 5/28)
8142	Intermediates	6:30 - 7:30 PM	Mondays, April 2 - June 11 (10 classes, no class 5/28)

### Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months.

We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants.

Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

## Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center Auditorium

*Fee:* Tuesdays: \$48 for residents / \$60 for non-residents

Thursdays: \$48 for residents / \$60 for non-residents

ID:	Dates	Time
8153	Tuesdays, April 3 - June 19 (12 classes)	9:15 - 10:15 AM
8154	Thursdays, April 5 - June 21 (12 classes)	9:15 - 10:15 AM

Register for both classes and SAVE \$5!

Residents: \$91! Non-Residents: \$115!



# Adult Yoga and Pilates Classes...

## Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.



**BEGINNERS:** Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

**INTERMEDIATE:** Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

**Instructor:** Maggie Downie  
**Location:** Senior & Disabled Center Room A & B  
**Fee:** Residents: \$93 / Non-Residents: \$117

ID:	Class	Time	Dates
8155	Beginners	5:30-6:30 PM	Wednesdays, April 4 - June 20
8156	Intermediate	6:30-7:30 PM	(11 classes, no class 5/9)

## Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

**MIXED-LEVELS:** Everyone is welcome at this class! Options for different ability levels will be provided.

**Instructor:** Maggie Downie  
**Location:** Senior & Disabled Center Room A & B  
**Fee:** Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
8160	Mixed Levels	6:00 - 7:00 PM	Mondays, April 2 - June 18 (10 classes, no class 5/7, 5/28)

**Pilates Special:** Register for any two Pilates classes and save \$10  
**Residents: \$168 Non-residents: \$213**

## Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

**Location:** Mortensen Community Center Romano Room  
**Instructors:** Karen Sevenoff / Cynthia Wolcott  
**Fee:** Tuesday class: \$72 for residents / \$90 for non-residents  
 Thursday class: \$72 for residents / \$90 for non-residents

ID:	Class	Time	Dates
8157	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, April 3 - June 19 (12 classes)
8158	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, April 5 - June 21 (12 classes)
8159	Mixed Levels Yoga with Cynthia Wolcott	7:05 - 8:20 PM	Thursdays, April 5 - June 21 (12 classes)

## Yoga Class Descriptions

### Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

### Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



# Programs for Older Adults...

## Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

**Monday through Friday 8:30 - 11:30 AM**

**\*FREE\***

*There will be no indoor walking available when Town Hall is closed.*

*Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available.*

*We apologize in advance for any inconvenience this may cause.*



## Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$42 for residents  
\$52 for non-residents

Thursdays: \$42 for residents  
\$52 for non-residents

ID:	Time	Dates
<b>8162</b>	10:20 - 11:20 AM	Tuesdays, April 3 - June 19 (12 classes)
<b>8163</b>	10:20 - 11:20 AM	Thursdays, April 5 - June 21 (12 classes)

Register for both classes and SAVE \$5!

Residents: \$79! Non-Residents: \$99!

## Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months.

We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants.



Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

## Zumba Gold

This fun Zumba class is designed for the active adult population or the true (deconditioned) participant. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. Created to emphasize the basic steps of Zumba, this explosive program is so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, Zumba Gold creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing and bring water.



Instructor: Jenn Trent

Location: Senior & Disabled Center Auditorium EXCEPT class on 5/4 and 6/15 will be held in the Mortensen Community Center Gymnasium

Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
<b>8161</b> 18	9:00 - 9:45 AM	Fridays, April 20 - June 22 (10 classes)

## T'ai Chi For Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45 for residents  
\$56 for non-residents

ID:	Time	Dates
<b>Beginners</b>		
<b>8164</b>	9:00 - 9:45 AM	Mondays, April 2 - June 11 No Class 5/28 (10 classes)
<b>Intermediates</b>		
<b>8165</b>	10:00 - 10:45 AM	Mondays, April 2 - June 11 No Class 5/28 (10 classes)



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**



# Programs for Older Adults...

## Oil Painting

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

*Instructor:* Fran Judycki

*Location:* Senior & Disabled Center Arts & Crafts Room

*Fee:* \$105 for residents / \$131 for non-residents

ID:	Time	Dates
8166	9:15 - 11:45 AM	Tuesdays, March 27 - June 12 (12 classes)

## Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

*Instructor:* Linda Leslie

*Location:* Senior & Disabled Center Rooms A & B

*Fee:* \$26 per session for residents

\$32 per session for non-residents

ID:	Time	Dates
8167	11:15 AM - 12:15 PM	Mondays, April 2 - 30 (5 classes)
8168	11:15 AM - 12:15 PM	Mondays, May 14 - June 18 (5 classes, no class 5/28)

## Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center

*Fee:* \$15 for residents / \$18 for non-residents

ID:	Time	Dates
8052	11:30 - 1:30 PM	Tuesday, March 13
8171	11:30 - 1:30 PM	Tuesday, April 10
8172	11:30 - 1:30 PM	Tuesday, May 8
8173	11:30 - 1:30 PM	Tuesday, June 12

## Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

*Instructor:* Wendy Nielsen

*Location:* Senior & Disabled Center Ceramics Room

*Fee:* \$39 per session for residents / \$49 per session for non-residents

ID:	Time	Dates
8169	11:00 AM - 12:00 PM	Fridays, April 13 - May 18 ( 5 classes, no class 4/27)
8170	11:00 AM - 12:00 PM	Fridays, June 1 - 29 (5 classes)

**Are you 55 or older?** Become a member of the Newington Senior & Disabled Center! An annual membership is only \$5 for residents or \$10 for non-residents! For more information, please call 860-665-8778 or visit [www.newingtonct.gov](http://www.newingtonct.gov).

**Why take a fitness clinic?** Members of the Newington Senior & Disabled Center can use the Fitness Center (pictured below) FREE of charge, but first need to attend our fitness clinic to learn how to use the equipment effectively and in a safe manner. Equipment includes treadmills, ellipticals, bikes and more! Registration is required, and a maximum of 6 participants are permitted per fitness clinic. Register today!



*Fitness Center at the Senior & Disabled Center*

# Parks & Recreation Registration Info

## OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

**Payment Methods:** We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards.

### Three Convenient Ways To Register...

**Fax-in:** Complete and sign the registration form. Include credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.

**Mail-in:** Complete and sign the registration form. Include credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.

**Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

**Monday – Friday, 8:30 AM – 4:30 PM.**

**\*Drop slot may be available after hours.**

## IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

### Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

## Contact Us:

### Phone:

Voice: 860-665-8666  
Fax: 860-665-8739  
Hotline: 860-665-8686

### At the Office:

Monday - Friday  
8:30 a.m. - 4:30 p.m.  
131 Cedar Street  
Newington Town Hall  
Mortensen Community Center

### On the Web:

[www.NewingtonCT.gov](http://www.NewingtonCT.gov)

## POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Thursday, February 16, 2012. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

### Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, March 2, 2012. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

### Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

### Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

### Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

## HELP WANTED!

Newington Parks and Recreation Department began accepting applications for Summer employment on January 1st, 2012. Available positions include but are not limited to: Life-guards, Water Safety Instructors, Summer Playground Counselors and Parks and Grounds Maintainers. Applications for Summer positions will be accepted until Friday, March 30th. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

